

**MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
APRIL 23, 2013
PAROWAN, UTAH**

MEMBERS IN ATTENDANCE

Carma Sly
Mary Schaidt
Millie VonRitchie
Sharon Griffiths
Commissioner Clare Ramsey
Art Cooper
Joyce Griffin
Clem Griffin (Chair)
Lael Chynoweth
Judy Henrie
Pauline Prince
J. N. Webster
Arlen Grimshaw
Lois Bulloch
Earl Paddock
Doug Maxwell
Wallace Gibson
Ila Mae Swapp
Barbara Doss
Tamara Atkinson
Kaye Reese
Gayle Rhode

REPRESENTING

Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Garfield County
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Kane County Advisory
Kane County Advisory
Kane County - At-Large Representative
Washington County Advisory
Washington County Advisory
Washington County Advisory

MEMBERS NOT IN ATTENDANCE

Mary Stevens (Excused)
Sharon Ott (Excused)
Christine Holliday (Excused)

Kane County Advisory
Washington County Advisory
Washington County Coordinator

OTHERS IN ATTENDANCE

Audrey Conard
Natalie Rollins
Jeannine Bohn
Arlene Malchus
Jim Sly
Pam McMullin
Donna Chynoweth
Connie Lloyd
Fayann Christensen
Wendy Pickard
Carrie Schonlaw
Carolyn Moss

Beaver County
Beaver County
Beaver County
Beaver County
Beaver County
Beaver County Coordinator
Garfield County Coordinator
Iron County Coordinator
Kane County Coordinator
Washington County
Five County Association of Governments
Five County Association of Governments

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I. WELCOME AND INTRODUCTION

Mr. Clem Griffin, Chair, conducted the meeting and thanked those in attendance for coming. Ms. Lois Bulloch and Mr. Earl Paddock were introduced as new members of the Iron County Advisory Council.

II. MINUTES JANUARY 23, 2013

Mr. Clem Griffin, Chair, requested a motion to accept the minutes of January 23, 2013, noting correction in number of days meals are served at the Long Valley Center - reported as two (2) and should be three (3).

MOTION WAS MADE BY MR. ART COOPER TO ACCEPT THE MINUTES OF JANUARY 23, 2013, WITH CORRECTION. MOTION SECONDED BY MR. WALLACE GIBSON. MOTION CARRIED UNANIMOUSLY.

III. LOCAL SHARING

Mr. Clem Griffin, Chair, requested local sharing from County Coordinators.

Ms. Connie Lloyd - Iron County

The Cedar City Center has a new cook and driver. A new wide-screen TV was purchased; makes it easier to watch exercise and yoga videos. Additional videos have been purchased for line dancing and sit-down exercising. With additional funding provided by Five County, a new commercial freezer and two (2) new hand carts have been purchased. Ms. Lloyd order new tablecloth material; exchanging for new color. The FEMA Club from the high school has been sending about 30 students to the center; last month, a bus load of about 75. SUU students

have volunteered their time during the last quarter to assist with dishes, kitchen help and sealing meals. A new yoga instructor will begin in two weeks. Blood pressure and other health screenings continue at the centers; "Ukelele" ladies perform often, and transportation is going well. At the Parowan Center, two ladies, age 90+, complete quilts.

Ms. Wendy Pickard - Washington County

Ms. Pickard reported for Washington County. The 501-C3 application is still at the IRS. Ladder ball at the St. George Center is going slow, but hoping that it picks up again. Tax season is completed. All centers participated in Volunteer Week. The annual Wellness Expo was a great success. Ms. Shanna Bland is working on getting a shade for the west side of the St. George Center. Breakfast for the Brain is going well. Other ongoing activities include zumba, knitting, crocheting, card games, tap dancing, computer classes, line dancing, and bingo. Parkinson's and Widows Support Groups meet monthly. The Hurricane Center continues to provide weekly bus trips to St. George for shopping and ongoing activities. Ms. Karen Topham is the new coordinator for the Springdale meal site. Activities at the Enterprise Center include monthly shopping visits to St. George, Wii tournaments with local scouts, health screening, and presentations.

Ms. Donna Chynoweth - Garfield County

The numbers in Garfield County continue to increase. A Panguitch cook, Marilyn, has retired; Henrieville cook is recuperating from knee surgery - getting his strength back. The Escalante Center has a new director, Melanie Torgersen, who is an exceptional baker. The County approved having salad bars at centers; great success. With funding from Five County, new refrigerators, pots, food processors, and floor mats have been purchased for centers. A Registered Nurse visits the centers throughout the county for blood pressure and diabetic tests. These tests are held the last Wednesday of each month to help with scheduling. Garfield Memorial Hospital held annual recycling of prescription event to dispose of old, out-dated drugs. A Chronic Disease class will begin at the Panguitch Center on May 1, 2013. Pickleball has begun, quilting continues, entertainment on-going at the centers. A weekly newsletter is sent to

all seniors to promote activities at centers.

Ms. Fayann Christensen - Kane County

An CDBG application for new MOW trucks was not approved for the County. The Kanab Center received a new donated pool table. Individual Wii competitions, exercise classes, bi-monthly trips to St. George, presentations, health screenings, and a trip to Lee's Ferry are some of the activities at the Kanab Center. The Long Valley Center prepares all the meals for the County and are doing a great job and cost saving for the area. Long Valley prepares all the meals, and has ongoing activities for their area seniors. Ms. Julie Taylor, who was the coordinator in Long Valley, resigned, and Mr. Craig Hansen and staff have taken over all duties for both centers and doing a great job. Future plans include replacing the floors and cabinets at the Long Valley Center and a new center for Kanab.

Ms. Pam McMullin - Beaver County

All centers in Beaver County are going well. The Milford Center has a new director. In Milford, not many in the community are served by MOW; local clergy have been contacted to determine if seniors are qualified to receive this service. The Easter Seal volunteer has completed term; looking for a replacement. HEAT program helped seniors in county - ending April 30, 2013. Beaver Valley Home Health provides blood pressure/sugar screenings at centers on "bingo" days. The Beaver Center provides weekly card games, tai chi classes, and pool. A Yard Sale was held as a fund raiser for the Health Fair; great success. Minersville Center is having their yard sale on Saturday, May 7, 2013. On April 10, at the Beaver Center, a Volunteer Recognition party, conducted by Ms. Amy Brinkerhoff of the Volunteer Center, with 25 attending. In March, seniors participated in a trip to Mesquite; hoping to plan another trip. County meetings are held monthly and provide great input. With the additional funding from Five County, new tires were purchased for MOW trucks, and a new bus. The County Health Fair will be held on May 16, 2013. Ms. McMullin introduced new members of her senior center boards: Ms. Audrey Conard, Ms. Natalie Rollins, and Ms. Arlene Malchus..

IV. NUTRITION PROGRAM

Funding and Legislative Update

- Ms. Schonlaw reported that the State Legislature approved the request for \$250,000 one-time money for Meals will now be an ongoing part of the budget. The National Caregiver Program received a one-time additional funding of \$100,000. Our portion of that funding, about \$10,000, will be used to improve the day respite provided at the St. George Center and to add this type of service in the Iron County area. This program will be in cooperation with the Alzheimer's and Dementia Society.
- Federal sequestration is currently in effect with some budget cuts. The State of Utah budgets their funds about 1 year behind federal allocations and had a buffer available to help with this year and FY 2014. However, budgets will reflect those changes.

Rule Changes - Nutritional Supplements

- The Utah Division of Aging and Adult Services has received a letter from the federal government stating that nutritional supplements, i.e. Ensure, do not meet nutritional requirements to be counted as a meal. Information regarding this change has been sent to each County Coordinator, and liquid meals provided through funding received from the Older Americans Act, cannot be reimbursed. However, each County can decide if they want to continue to provide this service and pay for those meals from County funds. Costs for these meals is approximately \$20,000 per year. If County would like additional information on break down of costs, contact Ms. Schonlaw. This will be phased out over the next couple of months.

V. REPORT ON SENIOR DAY AT LEGISLATURE

Ms. Schonlaw reported Senior Day was a great success. Ms. Carma Sly and Mr. Art Cooper reported that it was a very enjoyable opportunity. Ms. Schonlaw encouraged all who could plan to attend next year to do so.

VI. REVIEW & APPROVAL OF ANNUAL PLAN

Copies of the Third Year of our Four-Year Plan were distributed to Council with their packets. This year is for updated information on how the plan is progressing and meeting the goals set for this Four-Year Plan. Council members were asked for corrections, additions, etc. for this plan. Ms. Schonlaw will present to State Board in June.

MOTION WAS MADE BY MS. GAYLE ROHDE TO ACCEPT THE THIRD YEAR OF THE FOUR-YEAR PLAN AS PRESENTED. MOTION SECONDED BY MS. SHARON GRIFFITH. MOTION CARRIED UNANIMOUSLY.

VII. REVIEW & APPROVAL OF FY 2014 BUDGET

Ms. Schonlaw distributed and reviewed FY 2014 budget information. Cuts estimated for FY 2014 approximately \$69,000; the largest cut in Home Delivered Meals. Based on current year expenditures, there may be carryover in this area and the reduction of cost for Ensure would help offset that cut. Projected project income was less due to the rule change for supplement meals and current year estimates.. There is some flexibility to move certain funding sources. If it appears that the change is needed, Ms. Schonlaw can present that request to the state for approval. The emergency meals for centers will also need to be replaced and some equipment purchased with one-time funding this fiscal year.

MOTION WAS MADE BY MR. WALLACE GIBSON TO ACCEPT THE BUDGET AS PRESENTED. MOTION SECONDED BY MS. MARY SCHAIDT. MOTION CARRIED UNANIMOUSLY.

VIII. APPROVAL OF AT LARGE REPRESENTATIVE

Ms. Fayann Christensen presented Ms. Beverly Doss as the new At-Large Representative for the Council.

MOTION WAS MADE BY MS. MARY SCHAIDT TO ACCEPT MS. BEVERLY DOSS AS THE NEW AT-LARGE REPRESENTATIVE TO THE COUNCIL. MOTION SECONDED BY MR. WALLACE GIBSON. MOTION CARRIED UNANIMOUSLY.

IX. OTHER BUSINESS

Open Discussion

- Mr. Wallace Gibson asked about the effect that the \$3.00 donation was making. Ms. Schonlaw reported that donations are down a little, but that no one has complained about the increase.
- Mr. Arlen Grimshaw asked about meals at this meeting; who pays and costs. The cost for meals during the Council meeting are the same requested donation as for all meals served at the Senior Center. Who pay for them is determined by each county's board.
- Mr. Art Cooper reported that he is very optimistic about the future after meeting with the outstanding Sterling Scholars from high schools.

Annual Seniors' Conference

- Annual Seniors' Conference to be held in Cedar City, Festival Hall, on Friday, May 3, 2013. Ms. Schonlaw reminded County Coordinator to call the Volunteer Center with the number and names of those coming by bus

Next meeting scheduled for July 23, 2013 at the Panguitch Senior Center.

X. ADJOURN

Meeting was adjourned at 11:30 a.m. Lunch was then served at the Parowan Center.